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Bangalore Mirror

HAPPY WOMEN'S DAY

TEMP Max 33 | Min 20 | Humidity 66% Mainly Clear sky Sensex 74,119 | Nifty 22,493 | Gold 65,560 | Silver 74,100 | Dollar 82.78 | Euro 90.03 | GBP 105.40

She broke stereotypes in male-dominated exhibition infrastructure sector, fabrication and industrial printing tech

STRENGTH OF A WOMAN

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Priyanka Manjunath, one of the top businesswomen in fabrication and industrial printing technology in the city, broke stereotypes in the male-dominated exhibition infrastructure and industrial printing segment.

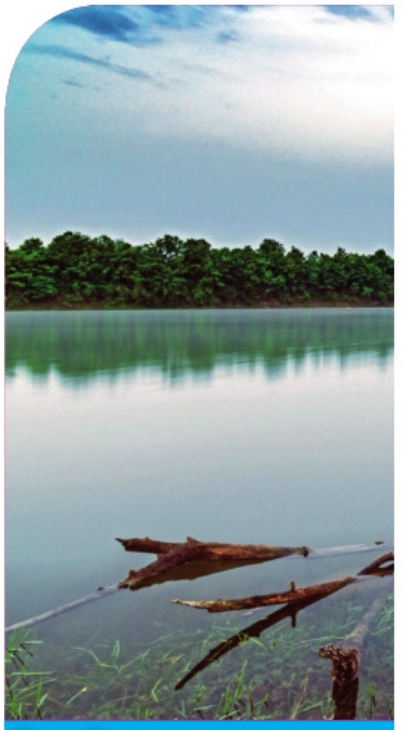
Priyanka considers her father R Manjunath as her role model and inspiration. "I wanted to do CA after completing PU. Later, my father advised me to work for his company – Fabricana Group - that specialises in organising infrastructure for exhibitions and other big events. Though he is my father, he did not hesitate to treat me on par with other employees. Working with Fabricana Group was not a bed of roses. There are occasions where my father chided me," recalls Priyanka.

Whatever be the footfalls, from hundreds to hundreds of thousands, Priyanka has the

CONTINUED ON PAGE 6 »

KAUSHIK JN

"My joy knew no bounds when the project became a huge success
— Priyanka Manjunath, CEO, Fabricana Group



Lake resort

Can water bodies help 'water crisis'

CITY PAGE 4

THIS WOMEN'S DAY
LET'S TAKE CARE OF HER
Saturday, 16th March, 2024 | Registration @ 9AM | St. John's Auditorium, Bengaluru

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Vice President, Global Strategic Alliances, TalentSprint

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3 THINGS TO DO

01 Soulful tunes of Raghav

Get ready to be swept away by the enchanting melodies of Raghav's "Teri Baaton Mein Tour"! This Canadian singer-songwriter, known for his soulful tunes since the early 2000s, has once again captured hearts with his latest track, "Teri Baaton Mein," currently dominating charts nationwide with over 3.2 crore views and featuring Shahid Kapoor and Kriti Sanon in the film. With previous hits like "My Kinda Girl," "Angel Eyes," and "Chingari," Raghav continues to captivate audiences with his mesmerising music.
When- March 9, 8 pm onwards
Where- White Lotus Club, Haralur Main Road

02 Special dining at Queen's

As a token of appreciation for their contributions and achievements, all women can enjoy a delightful dining experience with a generous 20% discount at Queen's Restaurant. It's a wonderful opportunity to gather with friends, family, or loved ones and indulge in the culinary delights that Queen's has to offer. **When- March 8**
Where- Queen's Restaurant; For details, call: 72044 64661 / 94827 31501

03 Show your strength

Organised by the Karnataka State Armwrestling Association (KSAA) in conjunction with the mall, the event will see over 150 participants vying for victory, with last year's championship producing 11 athletes who represented India internationally. Highlighting the resurgence of arm wrestling, KSAA President Ujjwal Mukhia expresses Bangalore's growing enthusiasm for the sport, with aspirations to host the Asian Championships. Winners of the state competition will advance to the Nationals in Assam and potentially the World Championships in Greece.
When- March 9, 10 am onwards
Where- Central Atrium, Nexus Koramangala Mall

Power plant plan: Noise & smoke alarm raised

KPCL's plant will cause harm to residents of around 1,000 flats in 500-m radius, citizens fear

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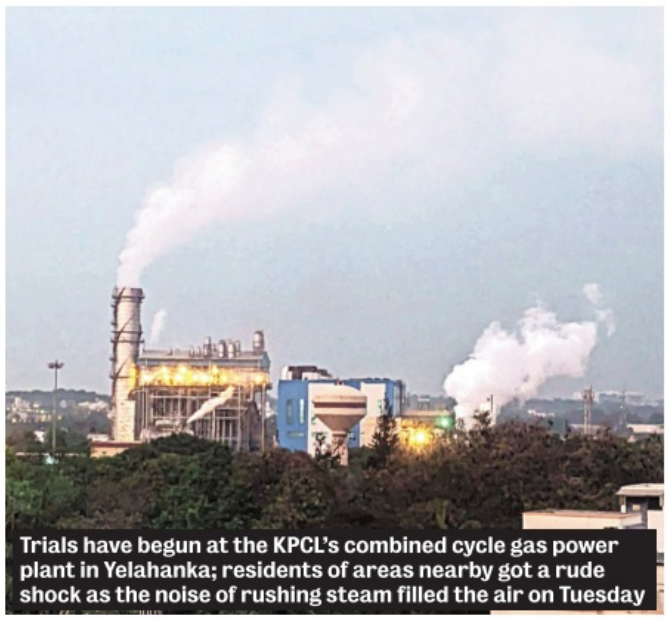

Trials have begun at the KPCL's combined cycle gas power plant in Yelahanka; residents of areas nearby got a rude shock as the noise of rushing steam filled the air on Tuesday

The Karnataka Power Corporation Ltd's (KPCL) combined cycle gas power plant in Yelahanka is expected to commence operations by the end of April, causing residents in the neighbourhood anxiety due to the significant level of pollution in the area. Energy Minister KJ George, during his recent visit to the plant, had directed officials to follow the current set deadline and ensure timely completion. While trial runs have begun, residents have staged protests outside the gates of the plant and have called on all the relevant authorities to take immediate action against its functioning, as the situation they are having to face on a day to day basis is grim.

"We began to hear sounds on March 5 and assumed that it was a resident in the neighbourhood installing a borewell. Hell broke loose on March 6 around 5 pm, when the sounds picked up. Though the plant is around 1 km from my house, I was unable to converse with family members in my house due to the noise," a resident of the area said. He added that the noise is similar to that of steam coming out of a pressure cooker. On the other hand, the plant has been releasing massive amounts of smoke. When they questioned the authorities at the gate of the power plant, residents were told that since the area is considered industrial, the plant was allowed to continue its operations.

The foundation stone for the conversion of the existing diesel plant into a 370-MW gas-based thermal plant was laid in 2016 and was initially slated for completion by May 2018. However, the project missed deadlines consistently with the latest one being missed in September 2023. A resident who has been living in the vicinity for the past 20 years said that there are more than 1,000 apartments within a radius of 500m of the plant, resulting in the pollution affecting a significant number of people. Along with this, hospitals, educational institutions and other public spaces in the area are also being affected. He added that an undetected oil leak had also caused a blast in October 2020 at the plant, leading to a fire. Around 15 KPCL employees, 11 of them ground engineers and one executive engineer had sustained burns.

Locals claim wall of power plant is built against lake bunds, preventing the movement of water

The Supreme Court in 2022 had ordered a status quo on the commissioning of the plant. The apex court has given this direction while dealing with an appeal by the Yelahanka Puttenahalli Lake and Bird Conservation Trust to cancel the Environmental Clearance (EC) of the project. According to the trust, the 370 MW gas-based power plant has been built with total disregard for environmental laws. "The wall of the power plant is built against the lake bunds, preventing the movement of water, and the water channels have been filled up with concrete. However, the Environmental Impact Assessment (EIA) report submitted by the KPCL is silent on these issues, and despite being a prohibited activity, the project proponent is proceeding with the establishment," a member of the trust had previously told Bangalore Mirror.

A member said that the apex body had directed KPCL to conduct a trial run for a span of six months, with the Karnataka State Pollution Control Board (KSPCB) monitoring the consequences. With this just beginning, the issue is expected to aggravate in the coming days.

Another resident noted that they are able to record 90 dB noise in their homes. It is to be noted that in the case of residential areas, the permissible limits are 55 dB during the day and 45 dB at night. The permissible noise level for industrial areas is 74 dB during the day and 70 dB at night. He also claimed that Yelahanka was classified into a residential area in the year 2016-17 only. Close to 200 people gathered in front of the power plant gates on Thursday night in protest. However, KPCL officials have remained unresponsive.

Bellandur, Varthur lakes' desilting work drags on

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Professor TV Ramachandra, a former member of the National Green Tribunal (NGT) monitoring committee, expressed disappointment on Thursday over the slow progress of the desilting of Bellandur Lake and the pollution of Varthur Lake. Ramachandra visited Bellandur and Varthur Lakes along with officials to oversee the ongoing desilting of Bellandur Lake and assess the condition of Varthur Lake, where desilting is claimed to have been completed.

"I am not happy with the slow progress of desilting work at Bellandur Lake. The officials have claimed that some residents have created hurdles for trucks carrying silt to the designated quarry," he said.

Expressing concern over the ongoing construction of a church at Ambedkar Colony,

which is supposed to be evacuated by the authorities, Ramachandra stated that he was surprised to come across a church under construction at the slum that needs to be cleared from the lake land. "The slum dwellers are supposed to be shifted to the flats allocated by the Karnataka Slum Development Board. It seems there is a case pending in court. My question is, how is construction work ongoing when a case is pending in court?" asks Ramachandra.

Blaming the Bangalore Water Supply and Sewerage Board (BWSSB) for the pollution of Varthur Lake, Ramachandra mentioned that the BWSSB authorities promised to fix the sewage issue by the end of 2021, but raw sewage can still be found flowing in the diversion channel. "The diversion channel was breached in October 2023, facilitating the flow of sewage into Varthur Lake. Now, the lake is covered with water hyacinth due to sewage in the water body," said Ramachandra.

Meanwhile, Elangovan Kulandaivelu of Whitefield Rising agreed with Ramachandra's observations on the poor quality of water in Varthur Lake. "I want the BWSSB authorities to ensure that all sewage treatment plants (STPs) ensure the quality of water before letting it into stormwater drains. The need of the hour is to speed up the construction of wetlands before the onset of the monsoon," said Kulandaivelu

BM win win situation

Readers, it is time to have some fun. We want to understand you better. And, we come with goodies. So here goes...

In 100 words, tell us about the one factor of **Raghav's music** that connects with the spirit of Bengaluru and the first 20 quirkiest of answers will get a chance to catch Raghav live in the city. Canadian singer-songwriter Raghav, renowned for several chart-toppers, will be perfoming at his **Teri Baaton Mein Tour, supported by DJ Talon, at White Lotus Club in HSR from 8 pm onwards on March 9**. Entry to 21+ years.

Scan this QR code to send us your entries. All the very best!

Govt plans to ban over the counter sales of acid

Plans afoot to let only authorised chemical dealers sell it in wake of recent acid attack

The Karnataka government is planning to ban over the counter sales of acid to restrict its availability, Home Minister G Parameshwara said on Thursday, in the wake of an acid attack on three female students in Dakshina Kannada district.

He said it will be ensured that only authorised chemical dealers are given the permission to sell it, adding that the Director General of Police will be writing a letter to the Commerce and Industries department soon in this regard.

"In a couple of days, DG will be writing a letter to the government -- to the Commerce and Industries department -- stating that there should be no free sales (easy availability) of acid. It should not be available for anyone to go and purchase it anywhere. Only those dealing with chemicals should be given the permission," Parameshwara told reporters here. "Police department will be writing a letter to ban (its free sale)," he said. The move comes within days of the acid attack by a youth at a government Pre-University college in the taluk headquarters town of Kadaba on March four that sparked outrage. – PTI

Defective plates: You can run, but you can't hide

Police warn people driving/riding with defective number plates could be criminal offence as 20,000 cases booked in January

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The traffic police have booked 22,582 cases as of January this year for defective number plates.

The city police uploaded a warning on X on Wednesday saying that owners of vehicles with defective number plates would have to face criminal charges. According to the police data, in 2023, around 1 lakh vehicles were caught with defective number plates, whereas this year in just 30 days, the case toll has crossed the 20,000-mark.

"Trying to mask your number plate? Your car's number plate isn't a secret identity. Let's keep it visible, folks! Bengaluru City Police reminds you to stay on the right side of the law. Remember, masking any part of the number plate may lead to a criminal case," tweeted the city police.

Numerous citizens have voiced their concerns on social media regarding defective number plates, leading to an increase in police booking cases.

"Strict action needs to be taken against those who use defective number plates and especially those who distort or damage the registration plates to hide the numbers. While technology is being employed to detect traffic rule violations, distorted plates often go unnoticed. One effective option is to check the vehicles while commuters are waiting at traffic signals instead of stopping moving vehicles. On the other hand, police should also try to curb the installation of number plates that are not compliant with the standard design or layout," said a citizen.

Another citizen added that instances of numerous vehicles adorned with dark-tinted windows and either defective or absent number plates are prevalent across Bengaluru.

"Law enforcement officers seldom apprehend these offenders, who predominantly consist of individuals of affluent means or political affiliations, thus enjoying immunity from adherence to regulations," he said.

Last year, 1 lakh vehicles were seen with faulty plates

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City turns to lakes for water supply

Authorities resort to reviving lakes as primary water source to tackle growing water crisis

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TIME OF SCARCITY

A woman carries a can of water filled from a municipal tap, amid an ongoing water crisis in Bengaluru on Thursday

The old adage - 'Old is Gold' - seems to be the state government's new mantra. Presently, the authorities have devised a plan to harness the wealth of lake water to cater to the vital needs of the locals residing in and around these aquatic reserves. Consequently, the Bangalore Water Supply and Sewerage Board (BWSSB) has been entrusted with the task of pinpointing lakes suitable for water filtration and subsequent distribution to nearby communities.

In fact, Bengaluru, once boasting over 280 lakes, served as the lifeblood of the city as there were no perennial river sources. However, the city's growth came at a cost, with many lakes sacrificed for urban development, leaving only a handful with water reserves intact. Now, the Bruhat Bangalore Mahanagara Palike (BBMP) wants to tap the same lakes for water supply.

BWSSB Chairman, Ram Prasath Manohar V, said, "The successful experiment conducted by the Indian Institute of Science (IISc) in Devanahalli has paved the way for our initiative. We will identify viable lakes across Bengaluru, focusing particularly on those in the outskirts devoid of Cauvery water supply. With numerous apartments reliant on dwindling borewell water, installing filter borewells in lake beds, guided by IISc, offers a temporary solution until the Cauvery fifth stage is operational. Nayandahalli Lake and Chikkabanavara are among the potential sites earmarked for this project, pending inspection to determine feasibility. The entire setup process is expected to be completed within 15 days to a month following the Devanahalli model."

In Devanahalli, a natural filtration system has been implemented, utilising a sophisticated combination of carbon filtration, chlorine treatment, and UV disinfection. This multifaceted approach ensures the removal of particles as minute as 130 microns, all at the commendable cost of Rs 1.15 per 10 litres.

He mentioned that apartments in the region relied primarily on borewells and tankers for their water requirements, as opposed to Cauvery water. However, due to the depletion of borewell resources, there has been a surge in demand for Cauvery water. Despite this, immediate provision of Cauvery water is not feasible. As an alternative, residents are encouraged to treat their wastewater using sewage treatment plants (STP).

"Furthermore, the government is actively identifying additional water sources surrounding Bengaluru to augment the city's water supply. Karnataka Milk Federation (KMF) tankers will be utilised for water distribution in Bengaluru. There are plans for water rationing among bulk users like defence, railways, and other bulk consumers that may experience a reduction of 10 to 20 per cent in their drinking water allocation. Instead, they will be provided with treated water. The portion of water saved from these bulk users will be redirected towards fulfilling the drinking water needs of other residents. So far, BWSSB and BBMP have identified 336 locations. At these sites, we will position 1,000 to 1,500 water tankers for the public to access water free of charge. These tankers will be refilled twice daily. Tractors will also be utilised to transport the tankers and ensure water supply," he added.

Currently, 1,200 BWSB borewells have dried up, and efforts are underway to revitalise them. Approximately 400 borewells have been repaired, with 200 of these operational. Thus far, 1,400 tankers have been registered. BWSSB directly supplied water to sumps in certain areas. He added that this practice has been discontinued due to the water crisis.

Tanker prices fixed

Bengaluru Urban's Deputy Commissioner has established rates for tanker usage to distribute free drinking water in designated areas, led by BWSSB and BBMP. Charges for a 6,000-litre tanker per day, excluding water and GST, are set at Rs 5,200, while a 12,000-litre tanker costs Rs 7,100. Procurement of 6,000-litre tankers incurs Rs 600 for distances up to 5 km and Rs 750 for 6 to 10 km. An additional Rs 50 charge applies for every kilolitre increase beyond 8,000 litres up to 12,000 litres.

Drinking water can't be used for washing cars

Meanwhile, BWSSB has banned the use of drinking water for washing cars or gardening. Manohar stated, "It is strictly forbidden to utilise drinking water for gardening or washing vehicles. Those found in violation will face consequences. Additionally, the usage of treated water should be minimised for non-drinking purposes. Even construction activities are required to use treated water. We are launching a portal for construction projects to obtain water, priced at Rs 10 per Rs 1,000."

Bengaluru's temperature rises above normal

March in Bengaluru brings early signs of summer, with temperatures soaring above normal. Last Thursday, the mercury spiked to 34.5 degrees Celsius, two degrees higher than usual. Meteorologists warn of further escalation, possibly hitting 37 degrees Celsius this month if weather patterns persist.

IMD scientist A Prasad attributes this heatwave partly to El Niño, which currently stands at 1.5 degrees Celsius, contributing to cloudless skies and heightened temperatures. Despite the scorching conditions, hopes for normal rainfall linger, though February remained dry.

The looming spectre of global warming exacerbates the situation, pushing temperatures upward. Forecasts predict an average of 35 degrees Celsius for March, with a gradual decline in the following months, accompanied by anticipated rainfall during the monsoon season. Bengaluru may even witness precipitation this month, requiring 14.7 mm of rainfall.

However, the weakening El Niño offers a glimmer of hope for normal monsoon conditions ahead, potentially alleviating last year's rainfall deficits. Recent temperature records highlight an increasing trend, emphasising the urgency for climate action amidst rising temperatures and shifting weather pat-

PUBLIC NOTICE

This is to bring to the notice of general of public that my client Sri. SURESH. G S/o S. Gururaj R/at No.5, Kumaradhara, 1st Cross, Ashiwad Layout, Maragondanahalli Main Road, Varanasi, Bangalore-560036, Karnataka. has intending to purchase the schedule property from the vendors Smt. Chandrakala W/o Sri. J.N. Harish Kumar, Smt. Varalakshmi.K W/o Sri. Lokesh.G.A who are acquired through registered sale deed bearing Doc.no.1395/2022-23 dated 09.06.2022, now they are the absolute owners of the Schedule property.

Any person or persons, banks and financial institutions having or claiming any manner of right, title, lien, interest etc. in respect of the above said property should write to the undersigned within 07 days from the date of this publication, failing which the claims, if any whatsoever nature of all such person/s shall be deemed to have been waived or abandoned.

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KEEP ON WALKING

Meet pillar of APD's finance dept, a woman who has never let dwarfism come in the way of being self-dependent and strong

Iffath Fathima
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TWEETS @BangaloreMIRROR

MA Myithly, 57, is a resilient soul at The Association of People with Disability (APD). Since 1997, she has been a pillar in the Finance & Accounts Department of APD. Overcoming the challenges of dwarfism, Myithly's journey is a testament to strength and determination. Born into a family of six sisters and one brother, Myithly is the only one with a disability.

During her school years, warmth and support surrounded Myithly, yet challenges persisted. "In a regular school, the high benches made it uncomfortable for me to sit, so I adapted by sitting on the floor. Though my teachers were supportive and made adjustments, I often wished to be seated at desks like my peers," shared Myithly. Her pursuit of education continued as she enrolled in college to pursue a Master's Degree.

A twist of fate led her to APD when her aunt's friend, acquainted with founder of the organisation NS Hema, suggested that she join it. In 1997, Myithly joined the accounts department at APD. Engaged in daily tasks of cash counting, data entry, and filing, Myithly cherishes her time working in APD.

Reflecting on her journey, Myithly shared a poignant memory of her initial days with Hema. "In my lowest moments, Hema ma'am became my pillar of strength. Sitting under the campus tree, we spoke for hours every day, and Hema Ma'am would constantly motivate me to continue my work and become self-dependent."

> **"Lot of times, while travelling in trains and buses, people's eyes are on me, judging me, but I just ignore them and continue to live my life** –MA Myithly

Recalling a memorable incident about Myithly, her colleague Daniel said, "One day, Myithly's mom penned a letter to Hema Ma'am, asking her to keep cheering her on no matter what. And on behalf of Hema Ma'am, I read that letter. Myithly was deeply moved and spent the entire day in tears due to embarrassment. However, Hema Ma'am's comforting words and Myithly's determination are what kept her strong today."

In 2021, Myithly underwent a significant spinal surgery, requiring a year-long recovery. Despite the challenges, Myithly's determination remained intact. She returned to APD after her surgery, resumed her duties, and continued living independently. Reflecting on this period, Myithly shared, "After my surgery, mobility was a bit challenging, but the members at APD supported me in every possible way to ensure I could work comfortably in a comfortable environment."

Navigating public transportation has exposed Myithly to judgment, yet her confidence remained unbroken. "A lot of times, while travelling in trains and buses, I get people's eyes on me judging me because of my disability, but I just ignore them and continue to live my life."

Myithly's story embodies the ethos of APD - an NGO that not only works towards the empowerment of individuals with disabilities but also becomes a family that uplifts and motivates.

Girl with a golden touch

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Graduation was a ceremony laden with gold for Thanu G, who did her MBA from CMR Institute of Technology, Bengaluru. With four gold medals, Thanu had her hands full during the 23rd convocation of Visvesvaraya Technological University on Thursday.

Thanu told BM that it was a matter of immense pride for her to be a gold medallist and this achievement symbolises not only her hard work and dedication but also the support and encouragement of all those who have been part of her journey.

"I am from a middle-class family and my father Gopi and my mother Manjula are into hotel and catering work. I stand before you not just as a champion, but as a grateful child speaking about the unsung heroes of my lives – my parents. They have been the silent architects of my success, the steady hands that guided me through life's tumultuous waters. They sacrificed their own dreams so that mine can soar high. Their love is boundless, their support unwavering," said Thanu.

She thanked all the lecturers and others for their help, and praised her alma mater CMRIT.

She said that throughout her academic pursuit, she had embraced a multifaceted approach to learning, integrating theoretical knowledge with practical applications. "I followed a disciplined study schedule, dedicating hours each day to focused learning and practice. I prioritised understanding concepts rather than memorising information," she said. To all the aspiring students, she wants to say: never give up on your dreams, believe in yourself, work hard, and never be afraid to chase your passions. "With dedication and perseverance, anything is possible," she said.

Her spirit shelters injured animals

CONTINUED FROM PAGE 1

wherewithal to set up the necessary infrastructure in record time by planning meticulously and executing with clockwork efficiency.

Now the hands-on chief executive officer of Fabricana Groups, she has been able to grow the business rapidly.

At 21, Priyanka secured a monumental order from L&T, impressing experienced professionals with her pitch for temporary structure solutions at the Bengaluru International Airport.

In January 2020, she accomplished a remarkable feat overseeing the industrial printing and fabrication of 3 lakh square feet for Indian Science Congress held at University of Agricultural Sciences.

KAUSHIK JN

"It has been the biggest project in my career. I along with my team worked for two months for this project. My joy knew no bounds when the project became a huge success," she says.

Beyond her business acumen, Priyanka actively contributes to social causes. She played a key role in making 'We Save All', a non-governmental organisation that rescues and looks after injured animals, especially stray dogs.

"It happened when I came across a woman employee in tears. I enquired why she was in tears. She told me that her husband has mortgaged her jewellery and other valuable items to look after injured dogs. I guided him to maintain the NGO and provided financial assistance for the construction of a shelter for injured stray dogs," she says.

Priyanka finds balance through her love for dogs, dedication to fitness, and passion for exploring the world. Her vibrant lifestyle reflects a holistic approach to leadership that goes beyond traditional business boundaries.

Blast: NIA teams in north K'taka on suspect's trail

'Suspect changed his clothes after blast, and travelled by bus'

Windows of The Rameshwaram Cafe right after the blast (File)

A National Investigation Agency (NIA) team was in Ballari in connection with The Rameshwaram Cafe bomb blast case.

The team reached the city in the early hours of Thursday, and sources said that more than 10 NIA officers in two vehicles were gathering information.

Sources also said that the alleged bomber had travelled to Tumakuru from Bengaluru after carrying out the explosion and from there he had come to Ballari.

Another NIA team had reached a Tumakuru bus stand where the suspect was said to have been seen.

The sources said that the NIA has got information in Ballari that the accused had boarded a bus moving towards Gokarna city in coastal Karnataka from Mantralayam in Andhra Pradesh. It is suspected that the bomber was in Bhatkal town in Uttara Kannada district and may have plans of escaping to a foreign country.

The investigating agencies had earlier tracked many suspected terrorist activities in the coastal town of Bhatkal. It is suspected that the bomber is getting support from the sleeper cells to escape from the country and the NIA has intensified the probe to nab him, according to sources.

The sources also said that the bomber had come to the Sujatha Circle in Bengaluru in the heart of the city and boarded the bus for Tumakuru city.

From here he had boarded another bus to Ballari.

Meanwhile, Home Minister G Parameshwara on Thursday said sleuths investigating into the blast have got certain 'good leads', as the prime suspect changed his clothes after the incident, and travelled by a bus.

> **"We have got more leads... Some information cannot be revealed. We have got good leads in the last couple of days. I feel he will be nabbed at the earliest**
>
> –G Parameshwara, Home Minister

He said the suspect is said to have travelled towards the district headquarters town of Tumakuru by a bus after the explosion, and officials are following the leads and verifying his movement till Ballari.

"We have got more important leads, as to the direction in which he (suspect) has gone and him having changed his clothes. Some information cannot be revealed. We have got good leads in the last couple of days. I feel that he will be nabbed at the earliest," Parameshwara told reporters on Thursday.

Meanwhile, new video footage of the suspect with a backpack, wearing a full sleeved shirt, cap, facemask, and spectacles moving in the bus has surfaced. From the video it seems that the suspect, after noticing the camera in the bus, moved to a direction where it does not cover him.

Also, an unverified photograph of the suspect wearing a T-shirt, without face mask, cap and spectacles, sitting inside the bus is also doing the rounds.

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Navyashree P K
84.92

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I, Ashishkumar Ashvinbhai Shah @ Ashishkumar Ashwinbhai Shah S/o Ashwinkumar Vrajlal Shah Residing at No. D-301, Sumadhura Eden Gaden, Dodabanahalli Village, Bidarehalli Hobli, Kannamangala Gate, Whitefiled, Bengaluru-560067 have changed my name to ASHISHKUMAR ASHWINKUMAR SHAH vide affidavit dated 06.03.2024 Sworn before notary: C V Irappa, Bangalore

I Nikhil Mohandas Marakap S/o Mr. Mohandas Narayandas and Mrs Shobha Mohandas R/o Flat A-1601, Purvi Symphony, Varthur Main Road, Guujur, Bengaluru 560087 have changed my name to NIKHIL MOHANDAS for all future purposes.

I, SHWETHA VIJAY, Residing at No 932/A, 22nd Main Road, JP Nagar 2nd Phase, Bangalore - 560078, Have changed My name to D SHWETHA ANIKAR vide affidavit dated 17/03/2024 before Notary Aravind Patil G.G Bangalore

I, MEHAR BANU D/o IMTHIYAZ BAIG R/o No 02 , 4th main Road 4 A B Cross Ramachandrapuram Bangalore -560021 have changed my name to MAHER BANU I for all purposes

I, Mohamed Arfath Azaz. S/o Mohammed Aijaz R/o #02 Aijaz Manzil khadar Nagar Batawadi Tumkur-572102 have changed my name to Mohammed Arafath Aijaz.

I HEMA D/o NANJUNDE GOWDA, W/O MAHADEV BANGALORE, HAVE CHANGED MY NAME FROM UMA KM TO HEMA FOR ALL FUTURE PURPOSES.

I, Zakir Sharief Anwar Sharief S/o Anwar Sharief R/o 15/2 9th A main BTM layout 1st Stage Guruppan Palya B'lore-560029 have changed my name to Zakir Shariff

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AGE OF BLUES

Psychologist explains why young people have such poor mental health

A recent report from think tank the Resolution Foundation has found that 34 per cent of young people aged 18-24 in the UK have symptoms of a common mental disorder – the highest rate of any age group.

Mental health problems among young people are on the rise. An especially stark finding of the report is that 20 years ago, this age group was the least likely to have a common mental disorder.

The big question is why. As a psychologist researching young people's wellbeing, I believe that young people today face unprecedented pressures to excel academically, professionally and socially. This pressure can manifest in various forms, including academic stress, performance anxiety and fear of failure.

Current societal difficulties, such as the cost of living crisis, will have further exacerbated these issues – as will the lasting impact of isolation and loss of valuable life experiences during the pandemic.

A new survey from King's College London and non-profit research group the Orygen Institute shows that a majority of the UK public thinks that young people today have a worse time finding a job and more difficulty affording things than previous generations.

Markers of success

Globalisation and technological advancements have transformed the job market, splitting jobs more starkly into high- or low-skilled occupations. This has led to greater emphasis on specialised skills and higher education.

Educational or career success – or failure – is now more visible than ever. The rise of social media has intensified the need to present a perfect image of success.

Logging into a social media account invariably brings an announcement about someone being promoted, starting a new job, or taking up an exciting opportunity. This can potentially trigger negative feelings, particularly if a young person has been struggling to get a job or even an interview.

The King's College London and Orygen Institute survey found that social media is seen as a key driver in worsening mental health among the young.

The curated nature of social media feeds can create unrealistic standards of beauty, success and happiness, leading to feelings of insecurity and low self-esteem. Increased time online and the pressure to maintain an online identity may also worsen feelings of inadequacy and isolation.

The pandemic exacerbated these issues by intensifying feelings of social isolation and uncertainty.

Organisational closures and physical distancing requirements reduced social contact and support. Research studies report mental health deterioration among children and teenagers as a result of covid control measures, especially among those with preexisting vulnerabilities, such as socioeconomic disadvantage, neurodiversity or disability.

A high proportion of young people in the UK believe that many areas are worse for them compared to when their parents were their age; 78 per cent think they are less able to afford things and 76 per cent think mental health has worsened. This has the potential to lead to a sense of hopelessness.

If young people view their future as gloomy and feel they can do nothing to change their prospects, they are less likely to engage in tasks and activities that can improve their situation.

Mental health awareness

The King's College and Orygen Institute survey found that 47 per cent of people think mental health problems were just as common among young people in the past; they just weren't identified as such.

Over the past two decades, there has been a growing awareness and acceptance of mental health issues, leading to greater visibility and discourse. This has helped reduce stigma and improve access to resources. But it has also created new challenges for young people navigating their mental health.

Increased awareness has empowered young people to seek help and speak out about their struggles.

On the other hand, the way mental health is discussed has created a sense of pressure to find ways to be mentally healthy and resilient, with a person individually responsible for their own mental wellbeing. This pressure may be particularly challenging for young people who are struggling with difficult circumstances and associated mental health issues, leading to feelings of shame and self-blame.

All these factors are intertwined and difficult to isolate, meaning there is no simple solution. But my advice to everyone, not just young people, is, try to play an active part in each area of your life when you can, push yourself outside of your comfort zone, and make sure you celebrate the small wins.

(By Dr Fiorentina Sterkaj, University of East London, The Conversation)

MIRRORLIGHTS

Study raises questions about plastic pollution's effect on heart health

A study raises more questions than it answers about how tiny specks of plastic might affect the heart

We breathe, eat and drink tiny particles of plastic. But are these minuscule specks in the body harmless, dangerous or somewhere in between?

A small study published Wednesday in the New England Journal of Medicine raises more questions than it answers about how these bits — microplastics and the smaller nanoplastics — might affect the heart. The Italian study has weaknesses, but is likely to draw attention to the debate over the problem of plastic pollution. Most plastic waste is never recycled and breaks down into these particles. "The study is intriguing. However, there are really substantial limitations," said Dr. Steve Nissen, a heart expert at the Cleveland Clinic. "It's a wake-up call that perhaps we need to take the problem of microplastics more seriously. As a cause for heart disease? Not proven. As a potential cause? Yes, maybe."

The study involved 257 people who had surgery to clear blocked blood vessels in their necks. Italian researchers analyzed the fatty buildup that the surgeons removed from the carotid arteries, which supply blood and oxygen to the brain.

Using two methods, they found evidence of plastics — mostly invisible nanoplastics — in the artery plaque of 150 patients and no evidence of plastics in 107 patients.

The researchers also found more evidence of inflammation in the people with the plastic bits in their blood vessels. . — AP

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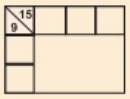
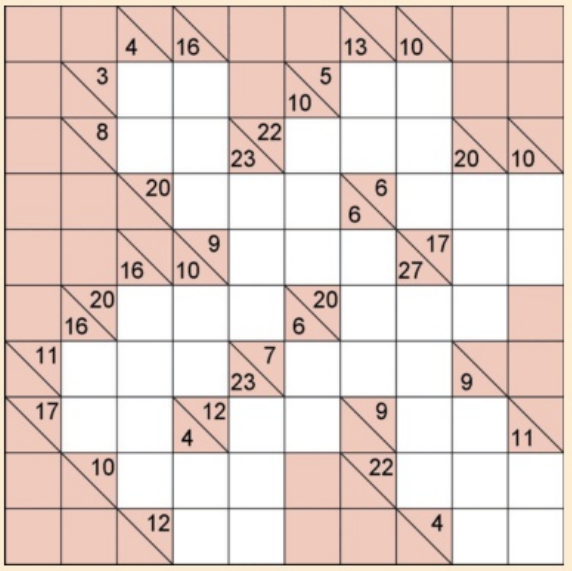
Kakuro

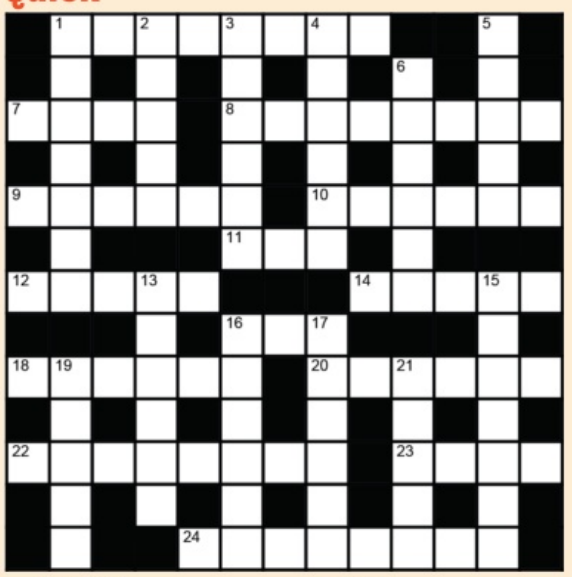
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Scolding or rebuking (8)
7 Desist (4)
8 Ms Jolie of Hollywood (8)
9 Relating to the north wind (6)
10 A group of nine – "End Ena" anagram? (6)
11 Miserable (3)
12 Heavy blow (5)
14 Our capital New ___ (5)
16 Cheat (3)
18 Pen ___ : a clerical worker? (6)
20 Kingdoms (6)
22 22 acre park between M.G Road and Cubbon Road (8)
23 Records events (4)
24 Become dexterous? (3,5)

DOWN

1 Promise in marriage? (7)
2 Indian coin (5)
3 Drags behind (6)
4 Badgered constantly (6)
5 Chinese bear (5)
6 Raised edge of a wheel (6)
13 Angora wool (6)
15 Tributes (7)
16 Berry-like fruits of vine? (6)
17 Deliver a sermon (6)
19 Czarist decree (5)
21 Exhausted commonly (3-2)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS H

BCM SMRA CMSP EY RAJRGY R CMSP HG QEYBRVM; CM ISMRQY PU HMELT RL CPLMYB DPJRSI AEVM MXMSGHPIG MAYM.

Linemaro

If a star fell every time I think of you, the sky would be empty soon

Mindchow

I hear and I forget. I see and I remember. I do and I understand

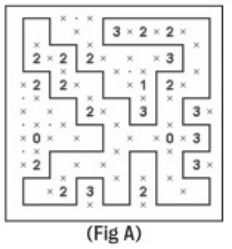
Joke of the day

CNN just said the world is forty trillion dollars in debt. Who does the world owe? Jupiter?

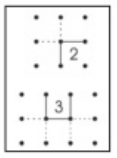
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

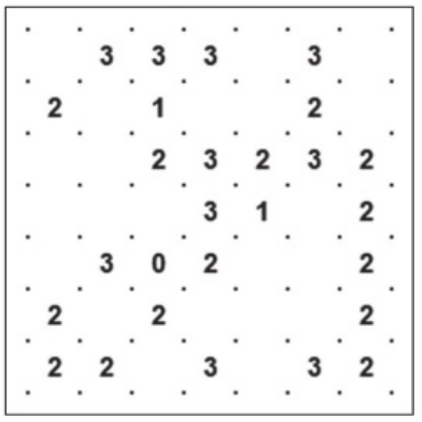


(Fig B) Not Allowed

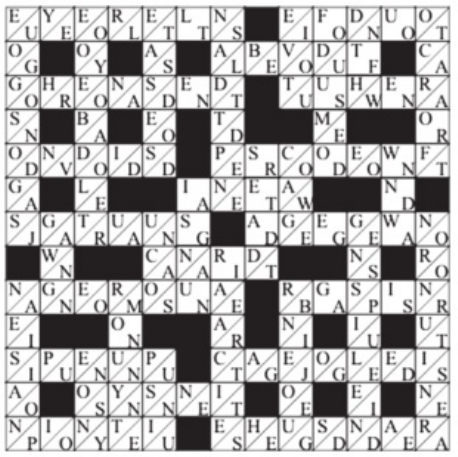
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



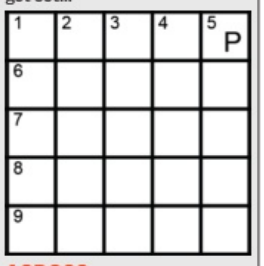
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

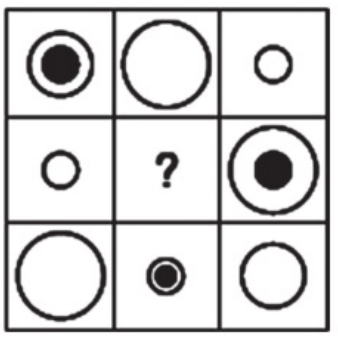
1 Parts; 6 C Home; 7 Die ad; 8 I gong; 9 Salty

DOWN

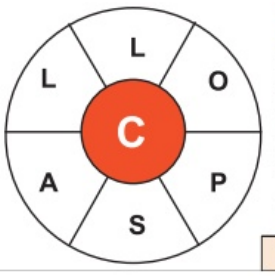
1 As CGS; 2 Litho; 3 Aired; 4 Manet; 5 Do gyp

Mensapuzzle

Draw the contents of the middle tile in accordance with the rules of logic already established.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

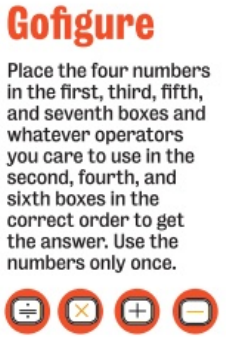
SudokuChallenge

			6		7			
2	6			4			8	9
	1	5				7	4	
6		9				8		2
			4		8			
7		2				4		3
	3	8				5	7	
9	2			7			6	8
			1		3			

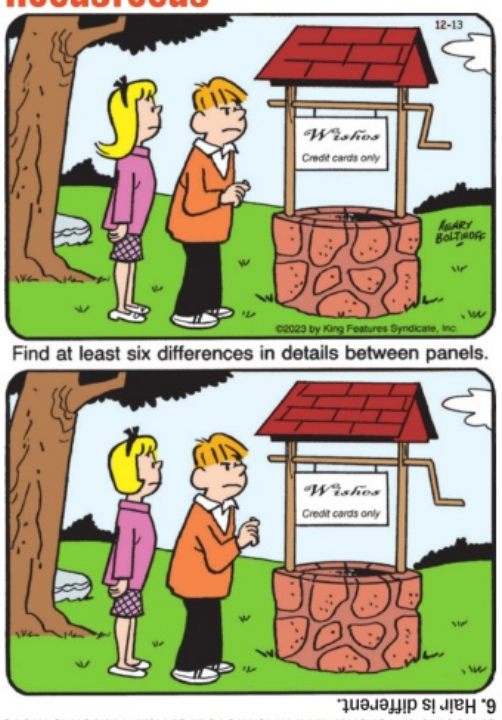
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus



Find at least six differences in details between panels.

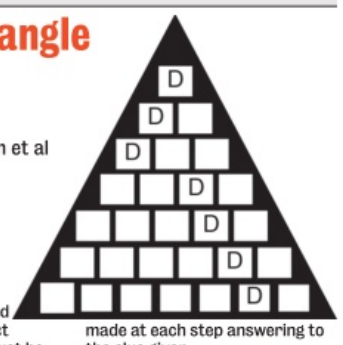
Differences: 1. Handle is different. 2. Shoes are different. 3. Roof is different. 4. Arm is moved. 5. Hair ribbon is moved. 6. Hair is different.

Riddler

You have no skill at magic tricks, yet you make a bet with your friend for $25. You tell him to pick a card, take a look at it, and put it back in the deck. You then shuffle the deck as many times as your friend wishes. You will then hand back your friend's chosen card. Even though you possess no magic skill whatsoever, and you have no idea what your friend picked, you can still win this bet. How?

Alpha triangle

1 Five hundred
2 Act
3 Put on
4 Visual okays
5 Connery, Brosnan et al
6 Leaps or jumps
7 Teems

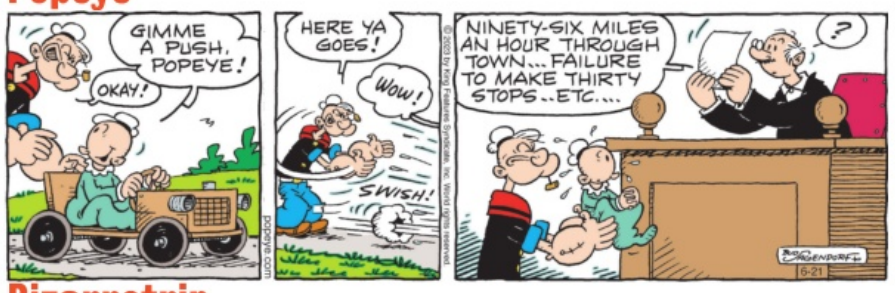


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

PLACE YOUR HAND ON THE BIBLE!
WHY DO I HAVE TO PLACE MY HAND ON THE BIBLE?
ARE YOU GOING TO TAKE THE RUM BALL RECIPE VOW OF SILENCE OR NOT?
12-13

Mutts

NO CHAIN, WARM BED, PLENTY OF FOOD... PEOPLE TREATING ME WITH LOVE AND RESPECT... COULD THIS BE HEAVEN?
GUARD DOG!
MY ANGEL!?!
I AM IN HEAVEN!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel disappointed at work, unable to enjoy any moment. You may face some losses in property matters. It is advised to postpone investments for a while, otherwise, you may face losses. You are also advised to take care of your parents' health.

Taurus Apr 21 – May 20
Today, you are blessed by the moon. You are likely to have inner strength, enabling you to make difficult decisions at work. You may be busy with social gatherings, expanding your network which may benefit you in the near future in terms of work. Property-related disputes with siblings are likely to be resolved now.

Gemini May 21 – Jun 21
Today, you may be busy with family matters and may plan for your child's academics. You may spend money buying artefacts and creative items to renovate your house. Short trips for your child's academics may be planned. Concerns about your child's education may upset you. You are advised to avoid any addiction, as it may disrupt domestic life.

Cancer Jun 22 – July 23
Today, you are blessed by the moon. With courage, you may make good plans and implement them efficiently. It's advised to control overexcitement as you may make mistakes. Be sure to read the documents before signing them. Your rivals and opponents are now under control.

Leo Jul 24 – Aug 23
Today, your old health issues may resurface, causing anxiety and restlessness. You may become unfocused towards your goals and waste time on trivial tasks. Control your spending on unnecessary items as it may affect your financial health.

Virgo Aug 24 – Sep 23
Today, in the beginning, you may not be focused on your work, but with elders' blessings, you may regain control. You may easily find resources important for project completion. Your sources of income are likely to increase, turning losses into profits and boosting your financial health.

Libra Sep 24 – Oct 22
Today, you may expect a big order from an overseas client, increasing liquidity in your business. You may meet influential people who can help grow your business. Your bond with your boss may strengthen, possibly leading to promotions due to hard work. Your prestige may increase.

Scorpio Oct 23 – Nov 22
Today, you are blessed by your elders, giving patience in your thought process. You may feel happy and calm, planning to visit a spiritual place for peace of mind. Donations to spiritual places for development are likely. There may be chances for overseas travel.

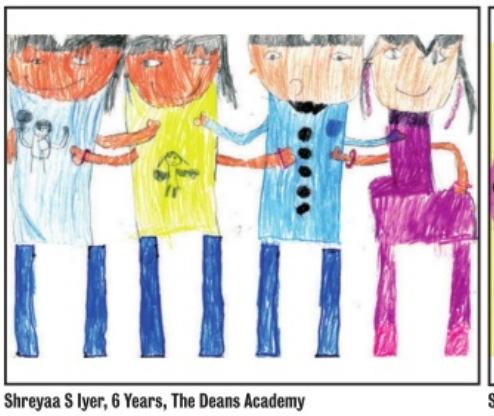
Sagittarius Nov 23 – Dec 22
Today, you may feel dull and have health issues affecting your work. Mysterious fears may make you sensitive and emotional. Avoid rush driving and adventurous activities. You may feel attracted to the occult and are advised to visit a religious place.

Capricorn Dec 23 – Jan 20
Today, blessings from the moon may make you happy. You may help needy people and analyze yourself, accepting mistakes in your personal life. Faith in your relationship with your spouse may improve, resolving disputes and boosting confidence in the relationship.

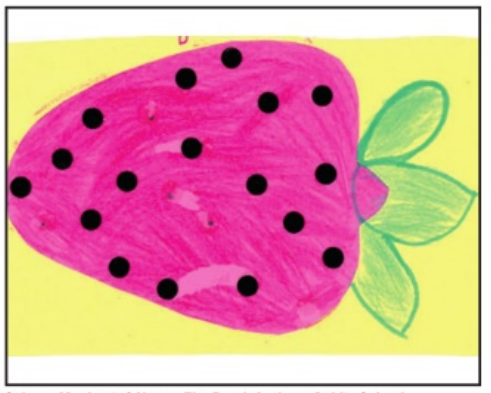
Aquarius Jan 21 – Feb 19
Today, you may feel healthy as old health issues are resolved. You may win some litigation and have control over opponents and business rivals. Stuck money is likely to be recovered, boosting your liquidity. A new responsibility at work may give benefits in the near future.

Pisces Feb 20 – Mar 20
Today may be mixed. You may be busy with children's issues, and couples may welcome a newborn baby. Couples trying for a child may hear good news. With wisdom, you may settle disputes in business and social life. Students may plan for overseas education, and those in jobs may plan for higher studies for a good career.

KIDZONE



Shreyaa S Iyer, 6 Years, The Deans Academy



Suhana Mankani, 6 Years, The Frank Anthony Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
96 (÷3, x4, ÷5, x6, ÷7)

BULL'S EYE
call, clap, clasp, coal, local, SCALLOP, scalp

STRIKE OUT

E	Y	E	L	E	T	S
G	R	E	A	S	E	D
N	B	E	D	E	O	
O	V	O	I	D	E	R
A	N	E	M	O	N	E
S	A	T	A	N	S	
G	L	A	N	E	W	D
A	N	E	M	O	N	E
P	O	N	T	I	S	H

QUICK

B	E	R	A	T	I	N
E	U	R	A	F	A	
S	T	O	P	A	N	G
R	E	A	L	E	N	D
C	A	R	I	A	P	P
K	A	R	E	L	A	
P	U	S	H	E	R	
T	H	U	M	P	D	
S	A	D	G			

MENSA PUZZLE
Each line across and down contains a circle of each size and a black dot.

QUOTE UNCODE
The real hero is always a hero by mistake; he dreams of being an honest coward like everybody else.

SUDOKU

8	9	4	6	1	7	3
3	1	5	8	9	2	6
2	6	7	3	4	5	1
9	2	1	5	7	4	3
4	3	8	2	6	9	5
7	8	2	9	5	6	4
1	5	3	4	2	8	6
6	4	9	7	3	1	8
5	7	6	1	8	3	9

ALPHA TRIANGLE
D, Do, Don, Nods, Bonds, Bounds, Abounds.

GO FIGURE
Easy
8 + 7 – 4 + 5 = 16
Medium
5 x 3 + 3 + 7 = 25
Hard
7 – 6 + 2 x 3 = 9

LOOP

KAKURO

RIDDLER
You hand back the deck. You have just handed back the chosen card.

FAST FIVE

S	T	R	A	P
C	H	E	M	O
A	I	D	E	D
G	O	I	N	G
S	L	A	T	Y

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